

The preferred embodiments of the invention described herein are exemplary and numerous modifications, dimensional variations and rearrangements can be readily envisioned to achieve an equivalent result, all of which are intended to be embraced within the scope of the appended claims.

What is claimed is:

1. An exercise device comprising:

a support bracket constructed and arranged in an operative position on a rigid surface;

at least one attachment means for securing said support bracket;

a connector housing suitably affixed to said support bracket;

at least one arm member having a proximal end, with at least one distal end;

a connecting means affixed to said proximal end of said arm member, whereby said connecting means removeably interconnects said arm to said connector housing;

a pair of resistance members attached to said distal end(s) of said arm member, said extendable resistance members having handgrips attached at terminal ends and being engageable by a limb of a trainee.

2. The exercise device of claim 1, wherein said support bracket comprises a substantially rigid base plate having an obverse concave arcuate surface region and a reverse convex arcuate surface region dimensioned for attachment to the backrest frame of an exercise machine, whereby said support bracket provides fulcrum stabilization for the lowered and upraised position of said arm member decreasing rebound momentum and dampening vibrations of said arm when repeatedly stressed by said trainee via said extendable resistance members.

3. The exercise device of claim 1, wherein said attachment means comprises hardware fasteners.

4. The exercise device of claim 1, wherein said attachment means comprises a weld, wherein said bracket and said backrest are manufactured into a single unit forming an integral whole.

5. The exercise device of claim 1, wherein said connector housing comprises two opposing, parallel and spaced side walls longitudinally affixed on said bracket having aperture cores formed therein for aligned engagement with said connecting means, whereby said connecting means slidably interconnects with said connector housing forming an articular component therebetween, defining a rotatable mount.

6. The exercise device of claim 1, wherein said connector housing comprises two opposing, parallel and spaced side walls longitudinally affixed on said bracket having aperture cores formed therein including a magnetized retaining element covering and abutting the outer opening of a second aperture core for aligned engagement with said connecting means, said magnetized retaining element is affixed to said side wall to receive an axially aligned magnetized bolt, whereby said bolt is threaded through a first aperture core of said connector housing and through said connecting means affixed to said arm member aligned therebetween, wherein said bolt abutts inside wall of said magnetized retaining element, firmly locking therein, forming an articular component defining a rotatable mount.

7. The exercise device of claim 1, wherein said connector housing comprises two opposing, parallel and spaced side walls longitudinally affixed on said bracket having interior vertical cut grooves formed therein sufficiently dimensioned to receive mirror cut male end portions of said connecting means whereby said connecting means slidably interconnects within said connector housing forming an articular component therebetween defining a rotatable mount.

8. The exercise device of claim 1, wherein said connecting means comprises a hollow cylindrical sleeve affixed to proximal end of said arm member in a secured transverse relation

with respect to said support bracket, said cylindrical sleeve includes a recessed interior bore containing a spiral shaped coil spring arranged to be in compression between two laterally adjacent dowel pins being secured at endpoints of said coil spring providing a tension interlink which exerts a constant outward directional force against first ends of said pins, describing yieldable spring-loaded pop-pins, manually manipulable to allow coupling of said arm with said connector housing,

said pop-pins will flexibly recess when pushed inwardly and expand back outward slidably interconnecting with said connector housing, self-latching and projecting transversely through said aperture cores of said side walls defining a rotatable mount,

said rotatable mount provides a dual function whereby a trainee, grasping the extension member handles rotates said arm member from an upwardly first position to a downwardly second position while remaining secured and comfortable in the exercise station.

9. The exercise device of claim 1, wherein said connecting means comprises a hollow cylindrical sleeve affixed to proximal end of said arm member, said hollow sleeve includes a magnetized interior bore when slidably mounted within said connector housing wherein a magnetic field is generated by said magnetized retaining element

abutted against a second aperture core of said connector housing side wall, said magnetized retaining element will cause a sidewardly directed inward magnetized force causing independent and horizontal telescopic movement of a coaxially aligned magnetized bolt manually threaded through a first aperture core of said connector housing, whereby said bolt will abutt against said retaining element instantly interlocking said arm member to said connector housing, defining a rotatable mount, wherefrom said bolt is displaceable under manual force away from said retaining element to a retracted position,

said rotatable mount provides a dual function whereby a trainee, grasping the extension member handles rotates said arm member from an upwardly first position to a downwardly second position while remaining secured and comfortable in the exercise station.

10. The exercise device of claim 1, wherein said connecting means comprises a solid cylindrical shaft affixed to proximal end of said arm member in a secured transverse relation with respect to said bracket, said shaft includes a pair of ear pins each affixed on opposite end portions of said shaft projecting laterally having diagonal cut grooves on distal end points sufficiently dimensioned to slidably adjoin within mirror cut groove segments of interior side walls of said connector housing forming an articular component therebetween, defining a rotatable mount,

said rotatable mount provides a dual function whereby a trainee, grasping the extension member handles rotates said arm member from an upwardly first position to a downwardly second position while remaining secured and comfortable in the exercise station.

11. The exercise device of claim 1, wherein said arm member comprises a plurality of interchangeable arms, having varying degrees of resiliency.

12. The exercise device of claim 1, wherein said arm member(s) is rotatable from a first position to a second position.

13. The exercise device of claim 1, wherein said arm member(s) is resistantly cambered through the body center, having a convex side and a concave side.

14. The exercise device of claim 1, wherein said resistance members comprise elastic cords.

15. The exercise device of claim 1, wherein said resistance members comprise springs.

16. An exercise device comprising: /

a support bracket constructed and arranged in an operative position on an rigid surface;

at least one attachment means for securing said support bracket;

two laterally spaced stub shafts suitably affixed to said support bracket sufficiently dimensioned in a general cylindrical shape for insertable engagement with,

a pair of edge-toothed knobs adjacently adjoined in a side by side interlocking relation, each having inner-core annular sockets dimensionally hollowed to slidably interconnect with said stub shafts in a male-female relationship, said knobs being pivotally mounted to said stub shafts;

a pair of pivot-swing arms each having a distal end and a proximal end, said proximal end being vertically and integrally attached to the lateral surface edge of said knobs;

the distal end(s) of said pivot-swing arms having attached thereto;

resistance members, said resistance members having handgrips attached at terminal ends and being



engageable by a limb of a trainee.

17. The exercise device of claim 16, wherein said support bracket comprises a substantially rigid base plate having an obverse concave arcuate surface region and a reverse convex surface region dimensioned for attachment to the backrest frame of an exercise machine, whereby said support bracket provides fulcrum stabilization for the lowered and upraised positions of said pivot-swing arms decreasing rebound momentum and dampening vibrations of said pivot-swing arms when repeatedly pulled by said trainee via said extendable resistance members.

18. The exercise device of claim 16, wherein said support bracket provides two pairs of longitudinally cut grooves in symmetrical polar placements on said bracket providing channel slots to securably and slidably retain said pivot arms in an upward or downward vertical position during exercise.

19. The exercise device of claim 16, wherein said attachment means comprises hardware fasteners.

20. The exercise device of claim 16, wherein said attachment means comprises a weld, wherein said bracket and said backrest are manufactured into a single unit forming an integral whole.

21. The exercise device of claim 16, wherein said edge-toothed knobs will pivot at their centers about the circumference of said stub shaft and sequentially ratchet with higher toothed cavities of adjoining toothed knob tactily controlling the downward and upward swing of said pivot-swing arms permitting axis movement of said pivot arms in a vertical hemispherical plane swinging outwardly away and down from each other in a circular track wherein the position of said pivot arms are symmetrically changed.

22. The exercise device of claim 16, wherein said pivot-swing arms are resilient.

23. The method of exercising the torso and arm muscles of the body, comprising the following steps:

(a) providing an exercising device, including a support bracket;

at least one arm member having a proximal end pivotally and removeably connected to the support bracket and at least one distal end, said distal end(s) having attached thereto,

extendable resistance members, said extendable resistance members having an opposite end terminating in a handgrip;

(b) positioning a user in the exercise station thereby permitting direct access to said handgrips;

(c) clasping the handgrips whereupon the handgrips become guide members, said user will extend both arms straight out, perpendicular to the torso; whereby,

(d) moving arms in a small down swing and then back up again, said arm member will rotate concurrently down from a vertical first position to a vertical second position and back upward; thereto,

(e) providing the ability to systematically perform a multitude of exercise movements without stopping the workout progression, whereby a total exercise routine is performed by said user while remaining comfortably and completely stationed in the exercise station.